

FORGING THE FUTURE:



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<http://www-nehc.med.navy.mil/hp/index.htm>

Friday FACTS

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7 June 2002

"Leadership, Partnership, and Championship"

NEHC Year 2003 Award For Command Excellence in Health Promotion Reporting Period to Change

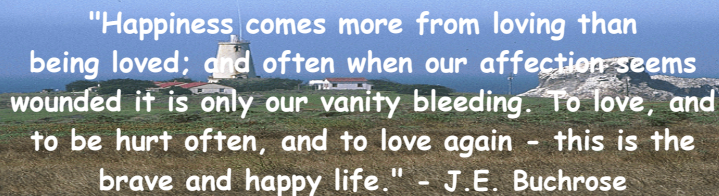
Navy Environmental Health Center (NEHC) is updating the process that will be used for commands submitting an award package for the Year 2003 Award For Command Excellence in Health Promotion.

The reporting period for the Year 2003 awards will change to coincide with the Fiscal Year budget planning cycle at most Navy and Marine Corps commands.

Any Navy or Marine Corps command submitting an award packages for the Year 2003 will be asked to report on activities that take place during the time period of 1 October 2002 through 30 September 2003. Award packages will need to be postmarked by 14 November 2003. The award packages will be reviewed and award recipients will be announced by late-January 2004.

The criteria to be met for the Year 2003 awards is currently being developed and will be released and posted on the NEHC Health Promotion Award homepage by 30 September 2002.

Questions regarding the NEHC Award For Command Excellence in Health Promotion should be directed to Sally Vickers at vickerss@nehc.med.navy.mil or call (757) 953-0956 DSN: 377.



"Happiness comes more from loving than being loved; and often when our affection seems wounded it is only our vanity bleeding. To love, and to be hurt often, and to love again - this is the brave and happy life." - J.E. Buchrose

Mental Health Month

To support the monthly behavioral health activities, new additions to the Health Promotion Stress Management website have been made! This includes a new presentation on Forgiveness, a new section on Peak Performance and Sports Psychology, resources on Disaster Stress, new Pearls of Wisdom...

Consider printing the 1 pager - Ways to Stay Stressed!

MENTAL FITNESS—Tips to Boost Your Brain Power

Physical and mental exercises are important to keep your brain healthy. Here are some tips to improve your concentration, memory, problem-solving abilities, and creativity:

Get Enough Sleep

Seven to eight hours of sleep a night for the average person improves concentration and reduces mistakes.

Manage Your Stress

Studies have shown that people who feel in control of their lives are more likely to maintain their brain power as they age according to neuropsychologist Marilyn Albert, PhD, coauthor of *Keep Your Brain Young: The Complete Guide to Physical and Emotional Health and Longevity*.

Eat Well

Eat a diet low in saturated fats and high in fruits and vegetables. If you drink alcohol, do so in moderation.

Keep Physically Fit

Research has shown that aerobic fitness can improve brain function. Monitor your blood pressure and cholesterol and don't smoke.

Stay Mentally Active

Learn something new—take a class or read a book. Memorize facts, poetry or songs to keep your brain's memory centers active. Play chess, bridge, poker, scrabble, or do crossword puzzles.

Tap into the Arts

Try painting, crafts, sculpture or woodworking to strengthen your brain's spatial relationships center.

Strengthen Mind-Hand Coordination Play an instrument. Learn sign language. Play video games.

Focus

To help remember where you put things, concentrate your full attention on what you are doing and talk yourself through it— "I am putting my car keys on the hook in the back closet."